

## PrEP Initiation Patient Counseling Checklist

I have discussed **all** of the following points with the patient

- Their **risk of acquiring HIV** and the **benefits** PrEP has to offer
- When taken appropriately, PrEP offers more protection against HIV than condoms. 99% vs. 90%
- PrEP is an **optional** medication used to **prevent** a condition (HIV) that will **require** medication therapy
- Information about the different medications used for PrEP and how they are used
- PrEP can be started and stopped at anytime based on the patient's preference (minding the HBV status)
  - For injectable cabotegravir (Apretude), discontinuation will require oral PrEP and lab monitoring every 3 months for a year after the last injection
- All formulations of PrEP are very well tolerated with common side effects being headache, insomnia, nausea, vomiting, diarrhea, rash, fatigue; occurring only in <5% of all patients.
  - Side effects of injectable cabotegravir (Apretude) also include minor injection site reactions.
  - All of these side effects are non-life threatening and typically resolve within the first month.
- PrEP takes time to reach adequate levels to provide protection
  - For daily F/TDF (Truvada)
    - 1 week of consecutive use to protect penile tissue rectal tissue
    - 3 weeks of consecutive use to protect cervicovaginal tissue & the bloodstream
  - ED-PrEP using F/TDF (Truvada)
    - 2 pills 2-24 before sex and 1 pill every 24 hours for 48 hours after last sexual activity
  - No data is available for F/TAF (Descovy) or CAB (Apretude); similar counseling to F/TDF
- PrEP does **NOT** protect against STIs
  - Barrier methods and routine testing encouraged
- PrEP does not prevent pregnancy
  - Discussed options for contraception and family planning
- PrEP care requires laboratory testing and follow-up
  - For daily F/TDF (Truvada), daily F/TAF (Descovy), or ED-PrEP with F/TDF (Truvada)  
Follow-up in 1 month then follow-up with labs every 3 months.
  - For CAB (Apretude)  
Follow-up in 1 month with labs then follow-up with labs every 2 months
- PrEP can typically be provided completely free of charge